



In the Specification

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C 3100 MAIL ROOM

Please replace paragraph 2 on page 5 with the following new paragraph:

Similarly, the shock absorbing pad, that is associated with the sleeve, is also formed of a relatively flexible impact resistant material (e.g., expandable foam or elastomer). The material of choice for this pad (e.g., neoprene rubber) is relatively flexible at an effective impact absorbing thickness, which is typically less than about 0.25 inches and at least about 0.125 inches in thickness. It is understood that the thickness of the shock absorbing pad is limited by practical considerations relative to flexure of the guard and effectiveness in protection. In the preferred embodiments of this invention, the composite structure resulting from the sleeve and shock absorbing pad achieve the requisite protection without adding substantial weight to the device, or causing movement limiting restriction on the athlete's forearm. In another of the preferred embodiments of this invention, the impact resistant pad is either permanently affixed to the sleeve, or alternatively, releasably attached to the sleeve with a Velcro®-like hook and loop.